

Effect of sesame oil, ozonated sesame oil and chlorhexidine mouth wash on oral health status of adolescents : A randomised control trial

Abstract

Introduction

Oil pulling is the swishing oil in the mouth for oral and systemic health benefits.

Purpose

The purpose of the study was to evaluate the antibacterial effect of sesame oil and ozonated sesame oil against *Streptococcus mutans* and to compare the effect of sesame oil, ozonated sesame oil with chlorhexidine mouth wash on oral health status of adolescents.

Materials and Methods

Seventy five 12-14 year old school children with DMF Index < 3 were randomly assigned to one of the following groups with 25 children in each group. Group I (sesame oil); Group II (ozonated sesame oil) and Group III (chlorhexidine mouth wash). Debris index, Calculus index, OHI-S, Plaque index were recorded and baseline salivary samples were collected for *Streptococcus mutans* count. Group I and II were subjected to oil pulling with sesame oil and ozonated sesame oil and Group III with chlorhexidine mouthwash during school hours. Reassessment of the index scores and collection of saliva for measuring the *Streptococcus mutans* count was done after 15 days and 1 month. The scores obtained from all the three groups were tabulated, compared, and analysed statistically.

Results

There was a statistically significant reduction in Debris index, Calculus index, OHI-S, Plaque index and *Streptococcus mutans* count in all the groups after 15 days when compared to the baseline.